

WELLNESS & LIFE ENRICHMENT

WEST

May 2024



NOTES FROM THE DIRECTOR



DO NOT RESUSCITATE!

Texas law provides its residents the right to say DO NOT RESUSCITATE me in the event I go into cardiac arrest. This right can only be exercised by signing a directive entitled “Texas Out-of-Hospital Do-Not-Resuscitate (OOH-DNR) Order,” commonly referred to as a “DNR.” As the title of the OOH-DNR states, it is effective anywhere outside the hospital and even in the emergency room.

However, once a person is admitted to the hospital, a separate law governs hospitals relating to DNR orders. Please note, a Directive to Physician does not constitute a DNR.

In addition to your signature, your attending physician/primary care physician must also sign the OOH-DNR Order. Once the directive is signed, you MUST wear an identifying device in the form of a necklace or bracelet which clearly states, “OOH Do-Not-Resuscitate.” This necklace or bracelet is the only way emergency personnel know you are a DNR. If you have signed an Out-of-Hospital DNR Order and do not wear your bracelet or necklace, then be aware that emergency personnel will take all measures possible to resuscitate you. We also strongly recommend placing a copy of the OOH DNR Order on the front of your refrigerator so a copy can be transported with you to the hospital. You cannot order the bracelet or necklace without first having a fully executed OOH DNR Order. The Wellness Center is the point of contact for residents wishing to discuss and sign an OOH DNR Order and order the identifying bracelet or necklace. If you need more information on OOH DNR directives, please contact Ashlie Maltos at 210-565-3282 or Shari Proctor at 210- 568-3355.



SAVE THE DATE:

Thursday, May 2 - Alzheimer’s Caregivers Support Group - 1:30pm - Freedom House Chapel

Friday, May 3 - Cinco De Mayo Mexican Celebration - 2pm - Main Lobby

Thursday, May 22 - Drumming Circle - 2pm - Main Lobby

Friday, May 24 - Memorial Day Ceremony - 11am - Vista Sunroom and Main Entrance

Personal Affairs Advisor

~ Ashlie Maltos

Hours for West Campus: Monday - Friday 1-5pm

Military ID Card Renewals –

All Military ID Cards will need to be updated and replaced by 2026. Go online to <https://idco.dmdc.osd.mil/idco/locator> to schedule an appointment. Once you receive your new Military ID card, please stop by the Wellness Office so we can make a copy and update your records. If you need assistance in scheduling an online appointment, please call Ashlie Maltos.

Lackland Legal

Lackland Legal will be at West to meet individually with West residents on Tuesday, **August 6**. If you have a military identification card, cannot drive, and wish to change or update your will, please call Ashlie Maltos at (210) 568-3282 to schedule an appointment. Please Note: Lackland Legal cannot assist you if you have a trust. You must complete a Will Worksheet before your appointment, whether it is on campus at Blue Skies or at Lackland Legal. Will Worksheets are available in the Wellness Office or online at <https://aflegalassistance.law.af.mil>.

Medication Liaison

~ Caitlin Brennan

Medication Distribution Schedule

Medication pick-up times in wellness office #102: Mondays and Wednesdays, from 1-4pm and Fridays from 2:30-4:30pm. Please be sure to fill out forms located outside Wellness med pick up door for all refills and new scripts. For any questions contact Medication Liaison: Caitlin Brennan at 210-568-3417.

PLEASE NOTE

Reid Pharmacy is unable to fill prescriptions on an emergency basis. If you need a medication same or next day, please utilize H-E-B Pharmacy or Walgreens. Please ask for delivery service if you are unable to drive, as Wellness is unable to pick up meds outside of Reid Pharmacy.

BLUE SKIES OF TEXAS PHILOSOPHY OF WELLNESS

Wellness is the balancing of mind, body, and spirit to achieve a state of health and happiness. Blue Skies of Texas understands that the pursuit of wellness is a lifelong commitment, and Life Enrichment is an important component of Wellness. With a focus on the 7 Dimensions of Wellness – physical, emotional, spiritual, environmental, intellectual, occupational, social - Blue Skies of Texas takes a holistic approach that enriches the quality of life for every resident in independent living, assisted living, rehabilitation, skilled nursing and memory care.



PHYSICAL

EMOTIONAL

SPIRITUAL

ENVIRONMENTAL

INTELLECTUAL

OCCUPATIONAL

SOCIAL

Medical & Wellness Schedule

Please note: For information regarding acceptance of specific insurance plans, please contact the Provider directly. To schedule an appointment with Physician Group or Specialist, please call the telephone number listed for each individual provider below. Please see dates and time below that Physician Groups or Specialists will be at BST East Campus. As always, please call ahead for an appointment. It is best not to assume a clinic will be available on a walk-in basis.

Primary Care Physicians

Alamo Visiting Physicians - for the month of May, please call 210-201-2429 for appointments.

Alsace Family Practice - Nurse Practitioner Karina Owens, 830-538-3550. Will be at West on Wednesdays, **May 1, 8, 15, 22, and 29** in Specialty Clinic.

MD VIP — Dr. Patrick Peters, 210-521-7676. Will be at West on Tuesdays, **May 7, 14, 21, and 28** from 8am-12pm in the Specialty Clinic.

Zarate Medical Group — Dr. Jocelyn Zarate, 210-587-8787. Tuesdays, **May 14 and 28** in Specialty Clinic Too.

Specialists

Audiology

Audicles Hearing Aid Service Dr. Tracy Board, 210-820-0525. Will be at the West Campus on Thursday, **May 2 (Dr. Garcia), May 9, 16, and 23 (Dr. Watson)** from 9am-12pm, at the Specialty Clinic Too.

Cardiology

Heart and Vascular Institute of Texas (HAVIT) Dr. Bruce Kuo, 210-920-7220. Will be at the West Campus on Fridays, **May 10 and 24** from 9am-4pm. Again, only at the West campus.

Dental

Emerald Crossing Family Dentistry Dr Julian Martinez, DDS, 210-674-3122 or blueskiesoftxdental@gmail.com. Will be at the West Campus on Tuesdays and Thursdays, **May 2, 7, 9, 14, 16, 21, 23, 28, and 30** from 9am-5pm.

Massage Therapy

Jacqui Crow, Licensed Massage Therapist, 210-818-5242 for massage at East & West campuses. Tina Payton, Licensed Massage Therapist, 830-446-9380 for massage at West campus only. Both therapists can be contacted via text or phone call.

Mental Wellness

Counselor Judy Wesley, provides one-on-one counseling in the privacy of your own home. For information or assistance in obtaining mental wellness services, please contact Shari Proctor or Ashlie Maltos.

Occupational, Physical and Speech Therapy

Select Rehabilitation provides therapy services on campus. For more information see the Select Rehab information piece below.

Optometry

Valley Hi Optical - Jessica Campos will be in specialty clinic Friday, **May 3**, from 10:30-11:30am to adjust eyeglasses and clean eyeglasses at no charge.

To fill a prescription for eyeglasses, please call 210-674-9461 to schedule an appointment.

Physiatry

Legacy Physiatry Group - Dr. Carlos Jaramillo, 972-881-4688. Will be at the West Campus on Friday, **May 24**, by appointment only and at BST West campus only.

Podiatry

At Home Foot Care - Dr Jason Mireles, DPM and Dr. Diane Trevino, DPM, 210-852-2427. Will be at the West Campus on Monday, **May 13** from 9am-12pm.



West Fitness Classes

9am Water Therapy – Monday, Wednesday, and Friday – Pool
9am Chair Yoga – Tuesday and Thursday - CC 1-2
10am Total Conditioning – Monday, Wednesday, and Friday – CC 1-2
10am Line Dancing w/George – Tuesday – Persimmon Room
10am Yoga – Tuesday and Thursday – CC 1-2
11am Chair Yoga – Tuesday and Thursday – CC 1-2
11:15am Zumba Class – Monday, Wednesday, and Friday – CC 1-2
1pm Balance – Monday – CC 1
1pm Tai Chi – Wednesday – CC 1-2
1pm Pilates – Friday – CC 1-2
1pm Chair Exercise – Tuesday and Thursday – CC 1-2
1:30pm Cardio – Tuesday and Thursday – CC 1-2
2:30pm Balance – Wednesday – CC 1
3pm Water Exercise – Tuesday and Thursday – Pool

Drumming Circle

Drum circles are a fun and engaging way to connect with people and create music together. This event is for people of all ages and musical abilities.

Benefits of a Drum Circle:

Drumming has been shown to lower stress levels and promote relaxation. The rhythmic vibrations of the drums can help to calm the nervous system and reduce anxiety, improve cognitive function, boost the immune system, enhance social connections, and increase creativity. Do you want to know more about this circle? Join us Wednesday, May 22 at 2pm in the Main Lobby.



Older Americans Month (OAM)

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is Powered by Connection. This month at BST we will be celebrating OAM with a variety of events and activities throughout May.

Here at Blue Skies of Texas we see so

many powerful senior

citizens and it reminds us, every day, that age is just a number. During this month we would like to encourage and inspire you to share what connection means to you in social media using the hashtags #PoweredByConnection and #BlueSkiesofTexas. Please look for events listed below with the beginning title OAM Event and let's celebrate all of us Older Americans!



BSTW Activities Information

TouchTown App is now Uniguest!

Same app, just different name.



Uniguest
Community Apps

How to sign up: Please sign up for Activities and Bus Trips via **Uniguest** app or by contacting your Activity Coordinator, Terry Elizondo @ 210-568-3310 or teresaelizondo@blueskiestx.org.

Bus trips do require a minimum of 10 residents (East & West combined). Transportation fees do apply and are calculated/based on number of people, miles, and hours for trip. For questions on transportation please contact Katrina at 210-568-3300.

Deadline to sign up for trips: 7 days prior to event/trip date unless otherwise noted.

Cancelation Policy: You must cancel 48 hours in advance of the trip, or you will be charged transportation fees. If a ticket or entry fee is involved you would need to cancel 7 days prior to the event date, or you will be responsible for the cost of ticket/fee.

Meals: For trips/outings that involve a meal, the cost of meal is on your own.

Uniguest App Information: Please note for any event in which you ride a bus, the listed time on app and on Uniguest slides is the bus departure time, not the actual time event takes place. Please ensure you are signing up for the correct campus, either **BSTW** or **BSTE** and note the correct time for that campus.

Special Inquiry: Terry would like your input as to what kind of activities you would like to see at Blue Skies. Please stop by the Wellness office and let her know or send her an email at teresaelizondo@blueskiestx.org

Blue Skies will have a bus for the following events; purchase your tickets now!!

SA Philharmonic Symphony Orchestra – The season is underway! For remainder of season tickets or individual tickets (starting at \$35), please visit <https://saphil.org/events/> or call 210-201-6006. BST Buses are for Friday nights for the following shows: Friday, **May 10** – Brahms & Dvorak; and **May 31** – Goosby Returns & Beethoven 5. All shows are held at the beautiful First Baptist Church.

YOSA (Youth Orchestras of San Antonio) – Tobin Center at 7pm. With BST bus departing BSTW at 5:45pm and BSTE at 6pm. You can find concert info and ticket links here: www.yosa.org/concerts. Mezzanine and Balcony seating is \$18.00, Orchestra seating is \$24, Seniors receive a 10% discount. Dates and concert information is below.

Wild Symphony – Sunday, **May 12**, this concert will have music all about animals, featuring brand new music by the Composures Alliance of San Antonio based on animals from the San Antonio Zoo. This show will also include special guests San Antonio Brass Band.

Weekly Recurring Activities

BINGO - **Every Monday** - 3pm - BSTW Main Lobby - Come have fun and perhaps win a prize

Scrabble - **Every Tuesday** - 11am - Bistro Area

Boccia Ball - **Every 2nd and 4th Thursday** of the month - 2:45pm - CC1-2



May Activity Highlights

Wednesday, **May 1** - Community Gardens Open House – Garden area at 9am.

Wednesday, **May 1** – Bending Branch Winery & Distillery, Lunch at High’s Café & Store – Bus departs at 10:30am.

Thursday, **May 2** – Newsletter Review with residents – Bistro area at 1pm.

Friday, **May 3** – Cinco De Mayo Mexican Celebration, entertainment with 210 Guitars and delicious Mexican Food – Main Lobby at 2pm.

Sunday, **May 5** – Olmos Ensemble Concert: Pianist Jon Nakamatsu – This is a free concert at the Chapel of the Incarnate Word. Jon Nakamatsu is a world-renowned artist and gold medalist in the Van Cliburn international piano competition as well as selections from the Olmos Ensemble. Bus departs at 3:15pm.

Monday, **May 6** – May is Melanoma Risk and Overall Skin Cancer Awareness Month.

Dermatology Presentation: Lt Col Dr. Bandino from Wilford Hall will speak on Melanoma Risk and Overall Skin Cancer Awareness – This presentation will be at East Campus in CC2/CC3 rooms starting at 1:30pm. Bus departs at 12:45pm.

Thursday, **May 9** – Mother’s Day Celebration – Main Lobby at 12pm – Let’s celebrate moms with Mimosas and Muffins!

Friday, **May 10** – SA Philharmonic: Brahms & Dvorak – Bus departs at 6:15pm. Please see section above for ticket information.

Sunday, **May 12** – YOSA Concert: Wildlife Harmonies at Tobin Center. For tickets, please visit www.yosa.org/concerts or call 210-201-6006 – Bus departs at 5:45pm.

Wednesday, **May 15** – OAM Event: AACOG (Alamo Area Council of Governments) Presentation – will explain the variety of services this agency provides – Roadrunner Lounge at 1pm.

Thursday, **May 16** – Mission Baseball: SA Missions VS Corpus Christie Hooks – Cost of Tickets are \$18.50 (special price for Thursday night box seats) and will be billed to your account. At the ballpark special \$2 price for beer, soda, and hotdogs – Bus departs at 6:15pm.

Friday, **May 17** – USAF Band of the West – at 1:30pm – BSTE Main Lobby – In recognition of Armed Forces Day please come enjoy the concert along with refreshments to follow. Bus departs at 1:15 to East.



May Activity Highlights

Monday, **May 20** – OAM Event: Food Bank Volunteer Opportunity – A fun and rewarding way for BST to get involved in serving and giving back to our community. Group will work together to sort out/or pack produce, non-perishable foods, and household items, preparing them for distribution. Duties may include checking for expiration dates, opened packages and spoilage, labeling cans, and packing bags of food or household items. Sign up now! Once you sign up, the BSTE Activity Coordinator, Carol Estala, will send you a link to register with the food bank. Space is limited. Bus departs at 12:45pm.

Wednesday, **May 22** – OAM Event: Drumming Circle with Hope & Terry in Main Lobby at 2pm.

Thursday, **May 23** – Pioneer Museum and lunch at Burger-Burger. Cost of Museum tour is \$15 and can be paid upon arrival. Please note, this trip will consist of a good amount of walking and many of the exhibits have a couple of stairs going into them and walking surfaces may be uneven on parts of the tour. Bus departs at 8:45am.

Friday, **May 24** – Memorial Day Ceremony in the Sunroom & Main Entrance Vista area – event starts at 11am.

Monday, **May 27** – Memorial Day Holiday for all staff – Thank you to all who gave the ultimate sacrifice, we honor and remember each of them.

Tuesday, **May 28** – OAM Event: Building a Stronger Brain Presentation – Roadrunner Lounge at 1:30pm.

Friday, **May 31** – Preserving Family Treasures - Genealogy Class -Roadrunner Lounge at 1:30pm. Please join Andrew Crews from the San Antonio Library for this interesting free class

Friday, **May 31** – SA Philharmonic: Goosby Returns & Beethoven 5 – Bus departs at 6:15pm. Please see section above for ticket information.



Sneak Peek at June Activities

Wednesday, **June 5** – San Antonio Shoe General Store (SAS) and Lunch at Chili's Grill & Bar. Shop then enjoy lunch. Bus departs at 9:15am.

Thursday, **June 6** – Tie Dye T-shirts – Gazebo at 2:30pm.

Select Rehab

May Rehab Topic: Celebrating 10 Years Together

We are thrilled to commemorate a decade of the partnership between Select Rehab and Blue Skies of Texas! As we celebrate this remarkable milestone, we extend our heartfelt gratitude to our dedicated team members and loyal clients who have been integral to our success journey. Over the past ten years, we've forged enduring partnerships, tackled challenges head-on, and achieved milestones together. This anniversary marks not just a celebration of longevity, but a testament to our shared commitment to excellence, innovation, and integrity in every project we undertake. Looking ahead, we are excited to continue building upon this foundation of trust and reliability, embracing new opportunities, and shaping a future filled with continued success. Here's to the next milestones of collaboration and achievement!

On the above dates, Therapists will be available to answer questions and discuss monthly rehab topics. For further information regarding therapy, call your friendly neighborhood rehab dept. at 210-568-3415.

*To learn more, call your friendly neighborhood therapy department:
210-568-3415 for the West campus*

Select Rehab West Campus Save the Dates:

Tuesday, **May 14** – ID Distribution – 12-1pm – Dining Hallway, near piano. Photo IDs provided by Select Rehab can be used in hospitals to return to Blue Skies of Texas for nursing and rehab needs.

Thursday, **May 16** – Celebrating 10-year Partnership of Select Rehab and Blue Skies of Texas - 1:30pm in Main Lobby. Cake being served. Come say hello to your therapists.

Friday, **May 17** - Free Fall Risk Assessment – 11am to 12pm - Lobby area near mailboxes

On above dates, Therapists will be available to answers questions and discuss monthly rehab topics. Come say hello. For further information Call your friendly neighborhood rehab department at 210-568-3415.